Navigator

Overview

The Navigator app is designed to support the life of the Person with Parkinson's (PwP) and his/her Companion. But also, the entire Care Team of the PwP will have much more options to get information since data can be shared between the PwP and members of the Care Team.

Members of the Care Team can also use their own Smartphone to help the PwP and enter data into the PwP's account for him/her (if the PwP has given the according permissions).

If members of the Care Team enter their observations and data about the patient into the app (under their individual account) they can also share this data with other members of the Care Team.

The Neuropath platform allows you to create and maintain your personal eDiary (Notes), Videos, Audio Recordings, Personal Data and NeuroQoL™ Questionnaires.

The core philosophy of the Neuropath platform is that only the owner of the data can decide what data will be shared in with whom. Data can't be shared to a third party.

The owner of the data can decide anytime if he/she wants to restrict the data that will be shared or even can end the entire relationship which stops sharing all data.

After restricting permissions or ending a relationship with a partner the data is no more accessible for the person who the data was shared with:

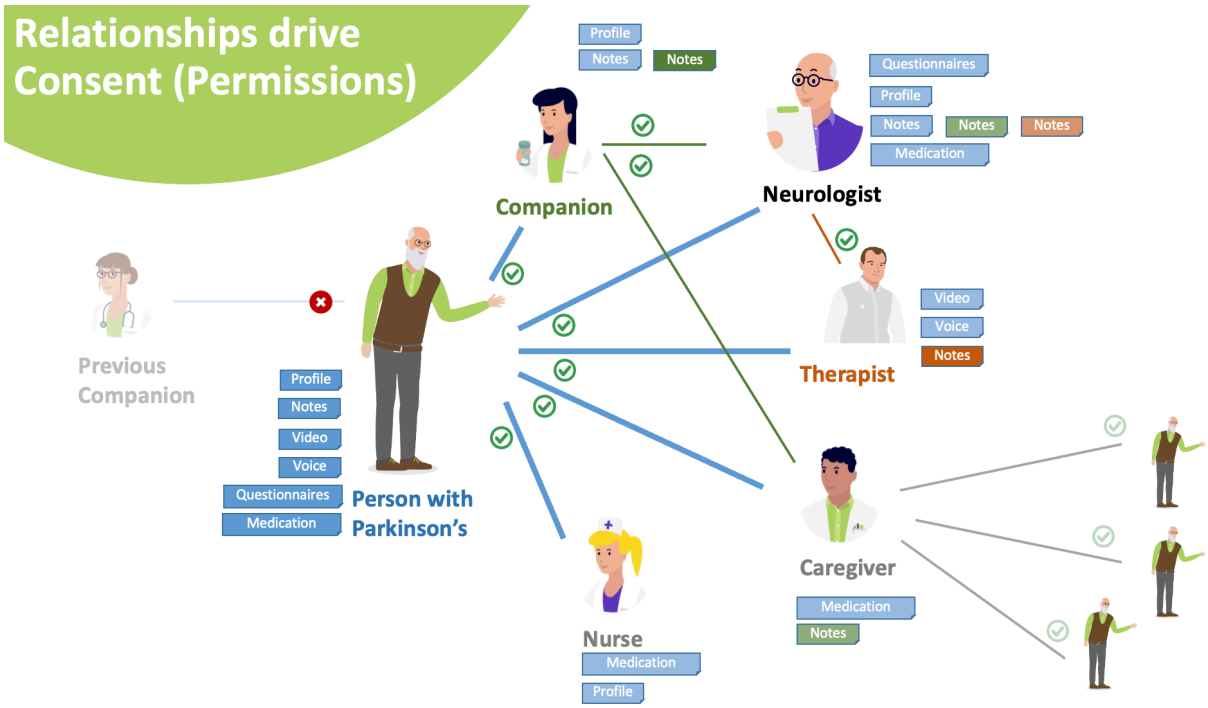


Table of contents

OVERVIEW 1

TABLE OF CONTENTS 2

GENERAL INFORMATION 4

LOGIN 5

Select your primary role after Login **8**

CHANGE YOUR PASSWORD / FORGOT YOUR PASSWORD 8

THE 'MY DAY' PAGE 10

Overview **10**

The header section of 'My Day' **10**

The 'Todo'-section of 'My Day' **11**

The 'Store feedback-section of 'My Day' **11**

RELATIONSHIPS WITH YOUR CARE TEAM 12

Overview about relationships **12**

Approve or reject a relationship request **12**

Establishing a relationship **14**

ENTERING YOUR PERSONAL DATA 16

Starting point **16**

Entering my Personal Data **17**

NOTES – EDIARY 19

Overview **19**

Adding a note **19**

Reviewing, editing and deleting Notes **21**

REPORT YOUR WELLBEING 22

Overview **22**

Answering a wellbeing question **23**

Reviewing, editing and deleting Wellbeing Reports **24**

QUESTIONNAIRES 25

Overview **25**

Start a Questionnaire **25**

Reviewing your Questionnaire History **27**

MY DATA 28

Overview **28**

SETTINGS 28

Overview **28**

Log out and access to 'My Profile' **29**

Manage 'Tags' **30**

Create your own 'Tags' **31**

FUNCTIONS FOR THE CARE-TEAM 32

Overview **32**

Establishing a Relationship with a person from the Care Team **32**

SHARING DATA WITH A PWP: 'ACT AS' 34

Overview **34**

Starting and Ending 'Acting As a PwP' **34**

See shared Notes and add Notes for the PwP **36**

Entering Questionnaires for the PwP (Act As) **38**

Entering Notes or doing Questionnaires as a member of the Care Team for yourself **38**

SHARING DATA ABOUT A PWP: 'REPORT ABOUT' 39

Overview **39**

Starting and Ending 'Report About a PwP' **40**

See Notes about a PwP and add Notes about a PwP **41**

Entering Questionnaires in the 'Report About' mode **43**

Sharing data about a PwP with a health care professional **43**

General Information

The Neuropath Navigator App is available for iOS and Android devices. For further information see the platform support guide.

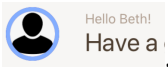
All screenshots are taken from an iOS device and will look similar on an Android device.

The blue color (■) is the “Activity-Color” and indicates that something is selected, and you do further activity with it OR that you can tap at it.

Examples:

- The tabs at the bottom that allows you to select a page. In this case the ‘My Day’ page is selected:

. You can tap at ‘Questionnaires’, ‘My Data’ and ‘Settings’ to select them.

- The ‘Avatar-icon’ at the ‘My Day’ page is surrounded with a blue circle in order to indicate that it can be tapped: 

. Tapping this icon will lead you to the ‘My Profile’ page.

- If a blue icon shows a little red badge that contains a number, it indicates that you should click it in order to react on the to-dos that will show up when you click the icon:

- The ‘Add Note’ icon and text indicate that you can tap it to add a note:

- A blue text indicates that you can tap it and get to a next page or cause an action:

  Click here to complete the on-boarding process

  Logout

- If you see a little blue arrow you can tap at this row in order to get to a detail page:

  Date of Birth
  06/23/1968 >

- Major and ‘typical’ actions are being emphasized using a blue button:

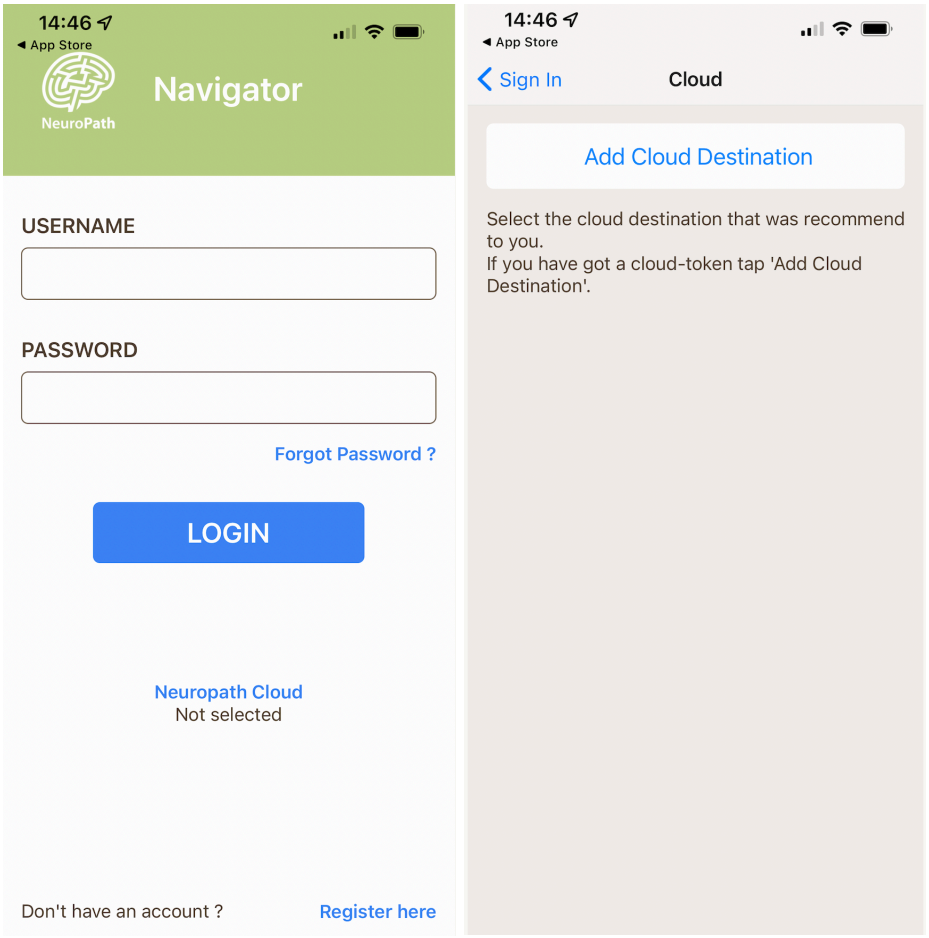
  Cancel Done
  Add a note Dismiss Keyboard

In the following instructions we will use the example users ‘Henry’ (henry@demo.com) in the role of a Person with Parkinson’s and ‘Beth’ (beth@demo.com) in the role of his companion.

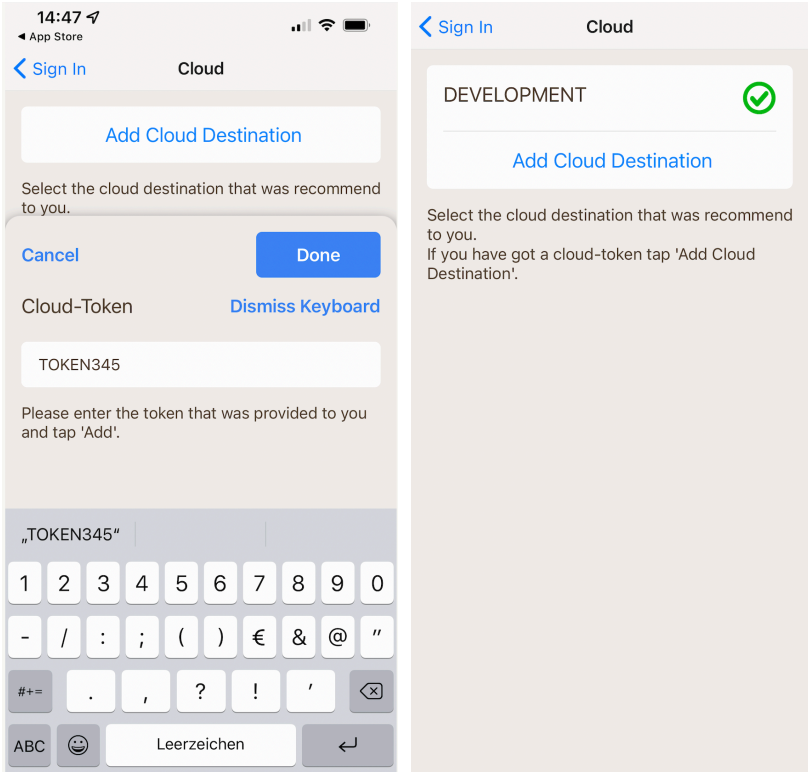
Login

If you have retrieved your credentials and your cloud token (a text like “YOURCLOUD345”) you can log into the app. You need a username in form of an email address and a password.

After you have started the app for the first time you need to register a Neuropath cloud. Tap ‘Neuropath Cloud’ and then tap ‘Add Cloud Destination’ at the following page:

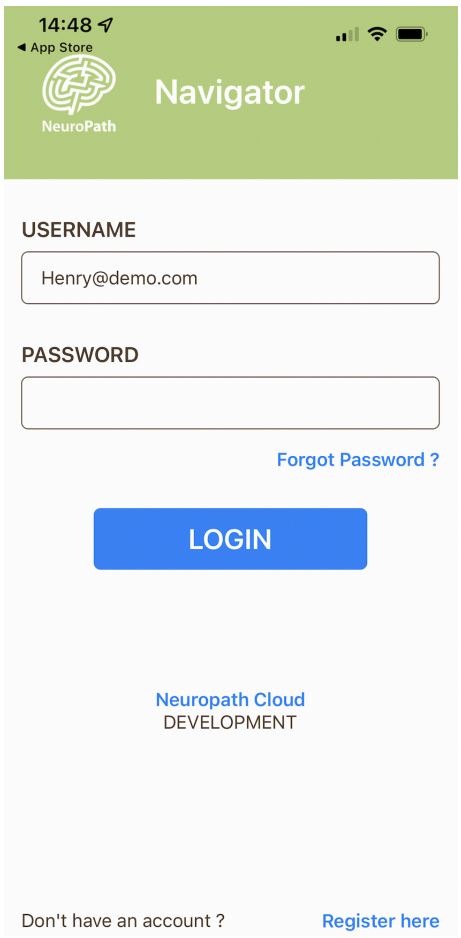


Then enter the cloud token that was provided to you (in this example it is the text “TOKEN345” that will add the Neuropath Development Cloud). Then tap ‘Done’ and if your token is valid a new cloud destination will appear that you need to select:



Now just tap ‘< Sign In’ to go back to the Login page. Adding a cloud is a one-time activity. From now on you only need your username and your password.

Tap into the text entry field for the Username and enter the email address. Then enter the Password and tap ‘Login’.

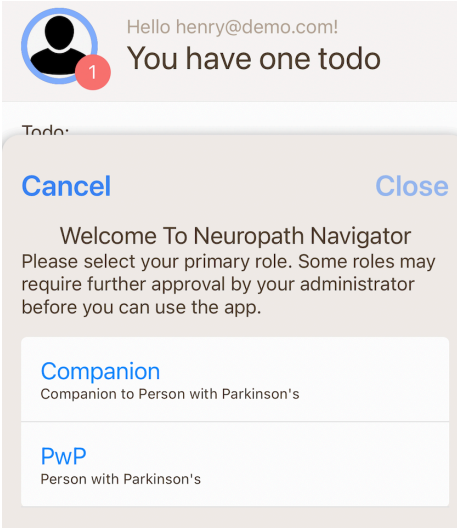


If you have forgotten your password or need to change your password tap the link ‘Forgot Password?” that will lead you to a Neuropath Web Page that gives you further instructions.

If you don’t have an account yet, tap ‘Register here’ and you can request an account.

Select your primary role after Login

After your first successful login the following page will pop up:



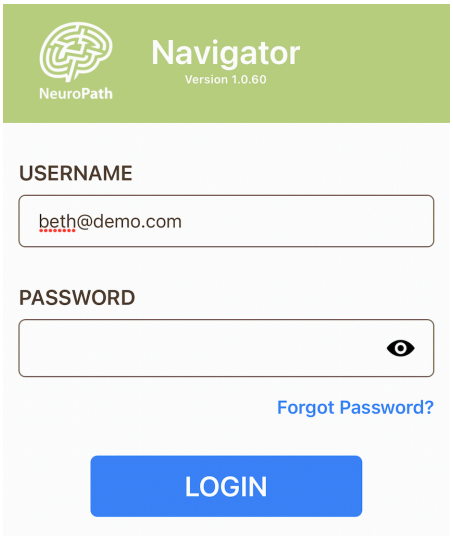
In order to use the app, you need to select your primary role first. Tap the role that fits to you and then tap close.

If you want to ask someone which role you should select tap ‘Cancel’. You will be logged out and have the chance to select your primary role again next time.

Change your password / forgot your password

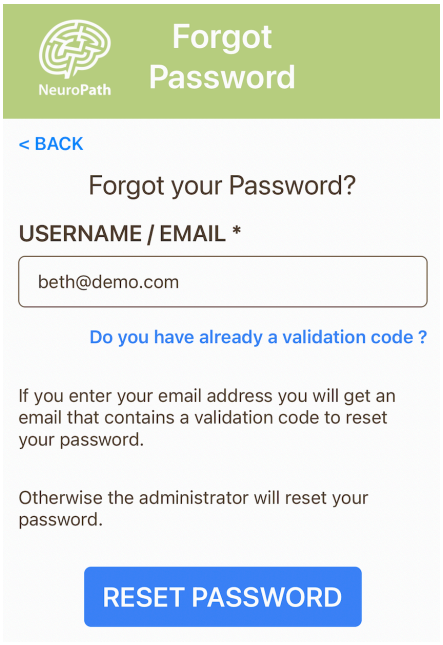
If you have retrieved your password from your administrator, you should change it as soon as possible.

You can use the ‘Forgot your password’ function on the login page to change your password. Tap “Forgot Password?”:



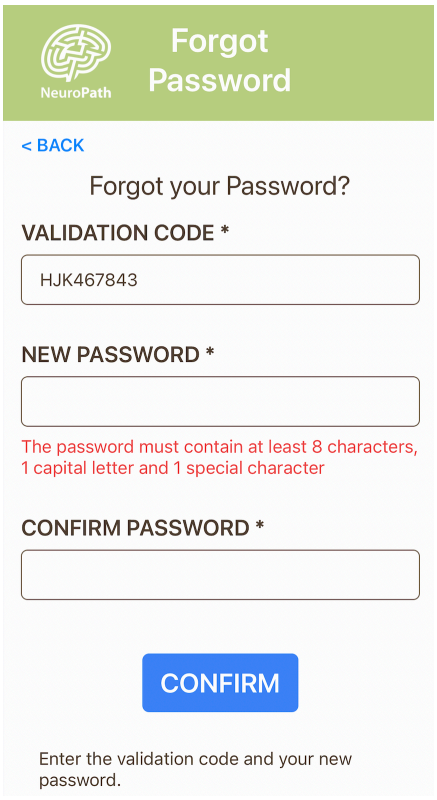
Then enter your email address again and tap “Reset Password”. You will be guided to the next page and a password reset token will be sent to your email address.

You can complete the process anytime. Then just come back to this page and tap: “Do you have already a validation code?”



Enter the validation token that you have retrieved via email and a new password. Confirm the new password by entering it again and tap “CONFIRM”. The new password is valid now.

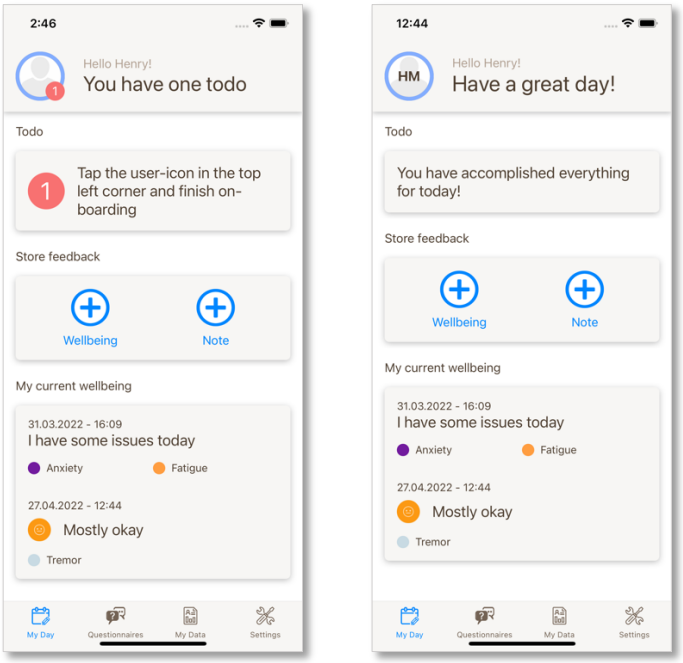
If you have reset your password accidentally you can also enter your old password again.



The ‘My Day’ page

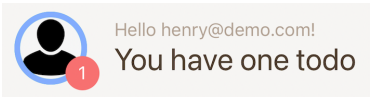
Overview

The ‘My Day’ page is your go-to page. It shows you what is currently going on and what task are outstanding. It also gives you quick access to ‘My profile’.



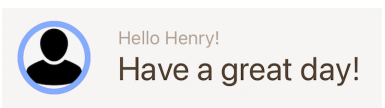
The header section of ‘My Day’

At the top you see the avatar icon. The blue circle around the item indicates that you can tap the icon. The red badge informs you that you have to click there in order to finish an activity. If you tap this icon it will lead you to the ‘My Profile’ page.



Once you have finished entering your profile data your preferred name will be shown there.

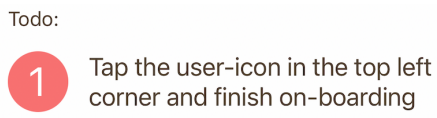
You will also see the red badge if you get a relationship request that you have to approve or reject.



Even if there is no red badge you can tap the avatar-icon to go to the ‘My Profile’ page.

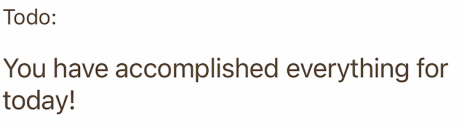
The ‘Todo’-section of ‘My Day’

Here you will see friendly reminders of all tasks that should be done.

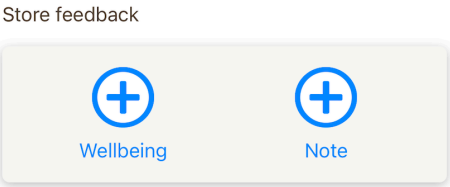


In the future there will be more tasks being scheduled like ‘Start Questionnaire about…’.

When everything is done the list will be empty:

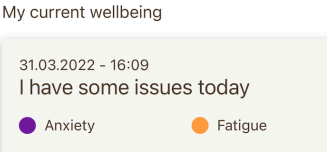


The ‘Store feedback-section of ‘My Day’



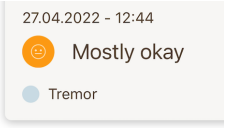
Tap the ‘Add Notes’ to create a new note.

Below you will see the last note you have entered, for example:



Tap the ‘Add Wellbeing’ to report your current wellbeing.

Below you will see the last wellbeing report you have entered, for example:



Relationships with your Care Team

Overview about relationships

You can share data with your Companion or everyone you have a relationship with, like your Doctor, Caregiver, Nurse or Neurologist.

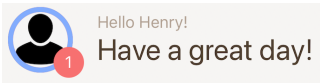
You can define in detail who can see your data and which data.

You can ask a person in a relationship to ‘Act as You’ to enter or create data for you in case you are not able to do it yourself. This person can do it using his or her own Smartphone once there is an approved relationship.

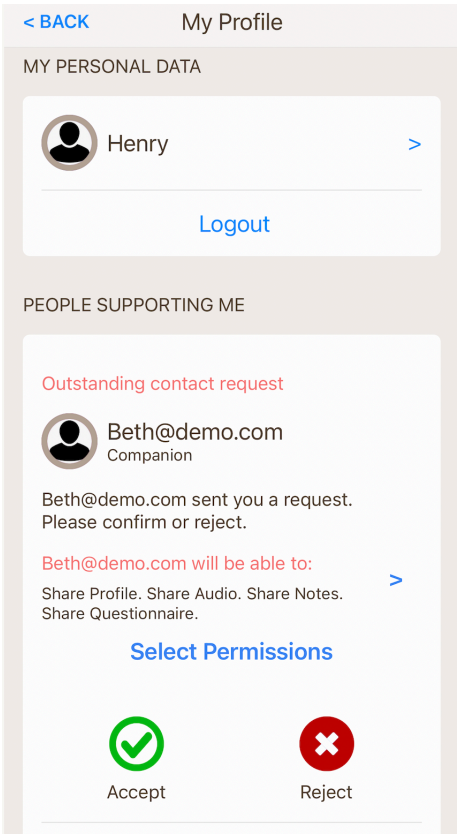
Anytime you can revoke an approval or even delete a relationship.

Approve or reject a relationship request

A person from your care team can request a relationship with you. For example, your companion has sent you a request. Then you will see a red badge or an increased badge number at your avatar-icon on the ‘My Day’ page:

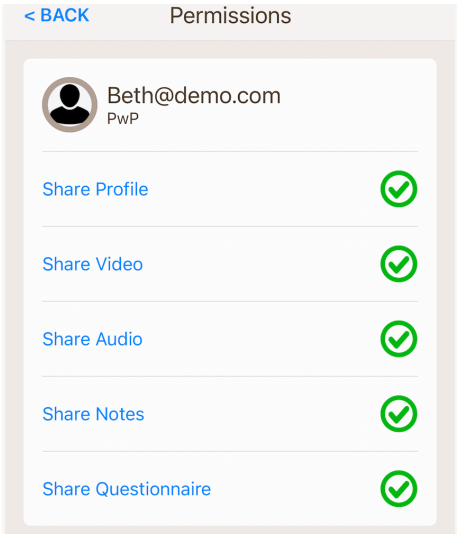


Tap at the icon. This will lead you to the ‘My Profile’ page where you see a request like this:



The companion ‘Beth’ has asked you to create a relationship and ask for getting access to your ‘Profile’-, (recorded) Audio-, Notes- and Questionnaire data.

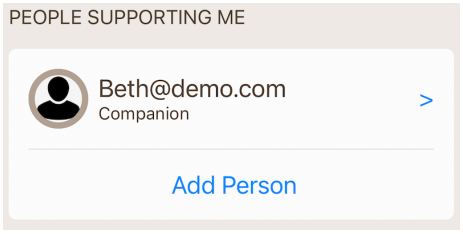
Before you accept you can restrict her permissions by tapping ‘Select Permissions’:



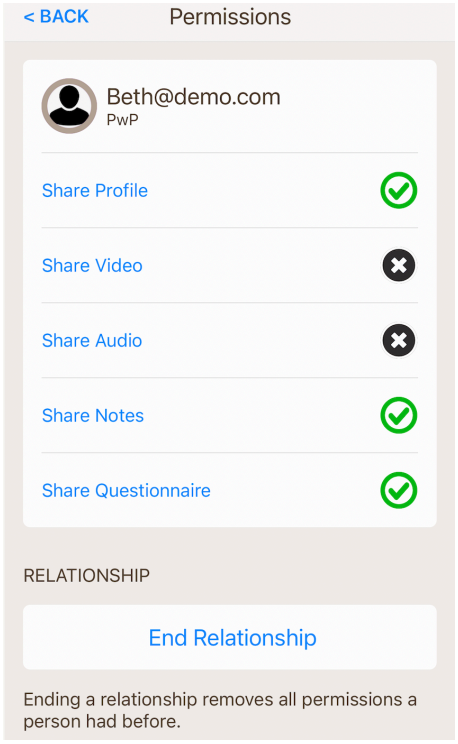
Simply tap at a row to toggle the permission.

Afterwards tap ‘Back’ and approve the request:

Afterwards you will see the new relationship:



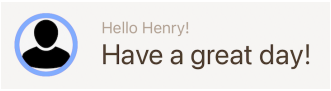
You can change the permissions or end the relationship by tapping at this row with the name of your Companion and the ‘Permissions’ page will appear again:



Establishing a relationship

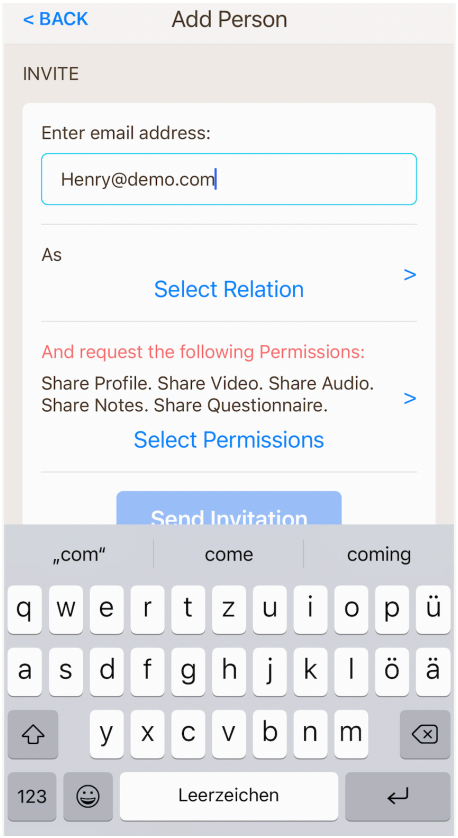
You can also establish a relationship in case you know the email-address of your Companion that he or she uses to log-in into the app.

Tap at the avatar-icon on the 'My Day' page.

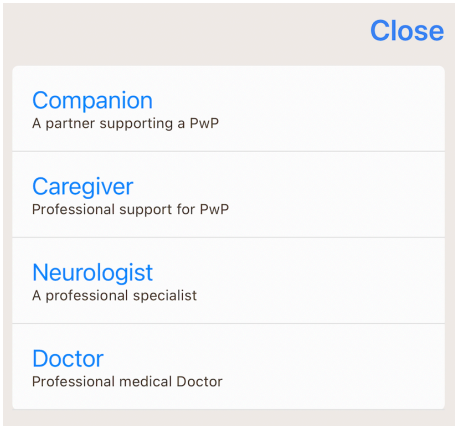


It will lead you to the 'My Profile' page. There tap 'Add Person' in the 'PEOPLE SUPPORTING ME' section:

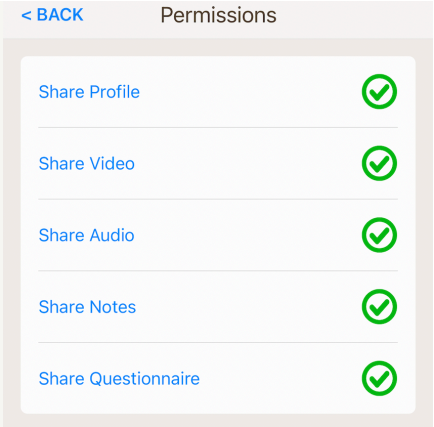
The 'Add Person' page will appear. Tap into the entry field for the email address and enter the email address of your Companion:



Then tap at ‘Select Relation’ and select ‘Companion’:

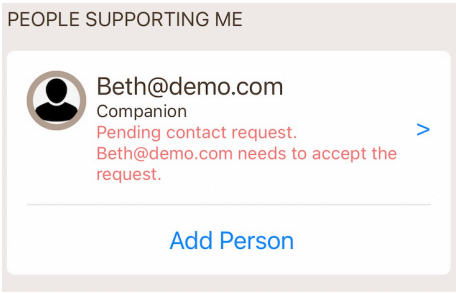


Afterwards tap ‘Select Permission’ and define the permission for the data that you want to share:

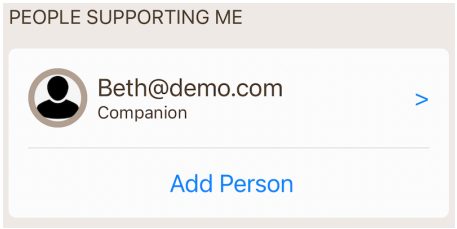


Tapping each role will toggle the permission.

Go ‘Back’ and tap ‘Send Invitation’. Your companion will get the information that he/she has to ‘Accept’ the relationship. The relationship will show up as long as it was not accepted:



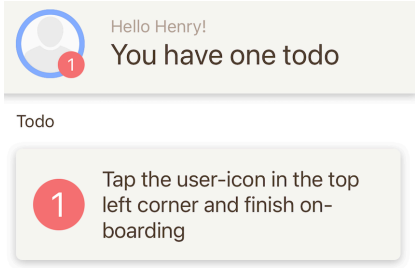
After acceptance it will show up like this (see also above how to change the permissions):



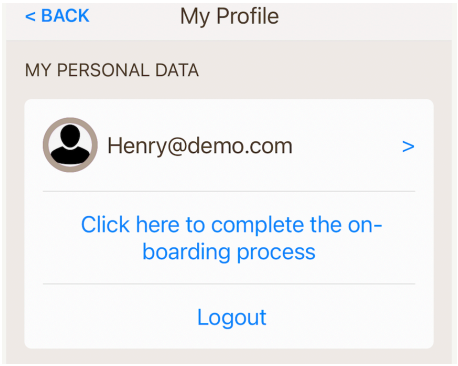
Entering your personal data

Starting point

On the ‘My Day’ page you can see that you have a ‘Todo’ to fill out your personal data.

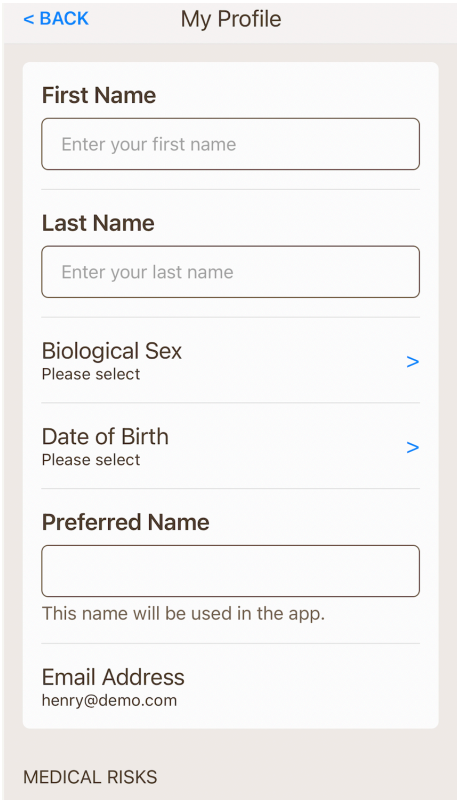


Please proceed as described and it will lead you to the ‘My Profile’ page:



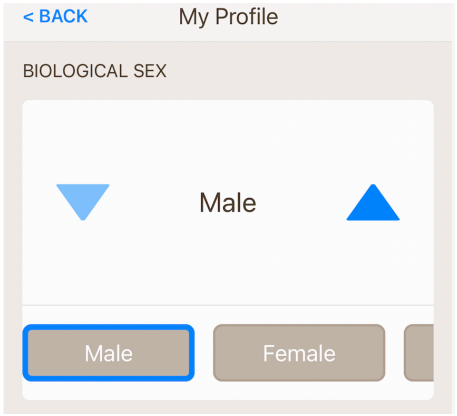
Entering my Personal Data

Again, follow the hint. Alternatively, you can also tap the row with your email address. Both will lead you to the following page:



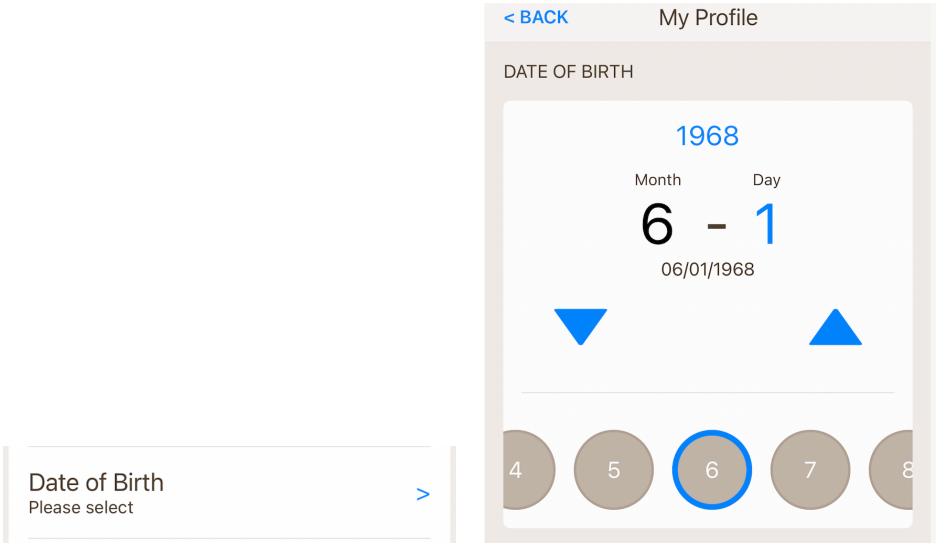
Tap the text entry fields and enter your first name, your last name and your preferred name. The preferred name will be used in the app in case you don’t leave it blank.

Then tap ‘Biological Sex’ and in the detail page select the data that fits to you:



To change the selection, you can swipe horizontally in the control at the bottom and then tap at the preferred option. Alternatively, you can use the blue triangles to move the selection a step forward or backward.

Then go ‘Back’ and enter your Date of Birth:

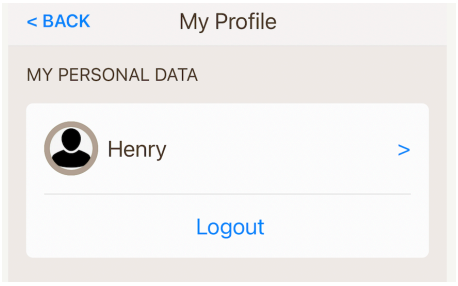


In order to change the ‘Month’, tap at the number for the month and change it by using the blue triangles to increase or decrease the value.

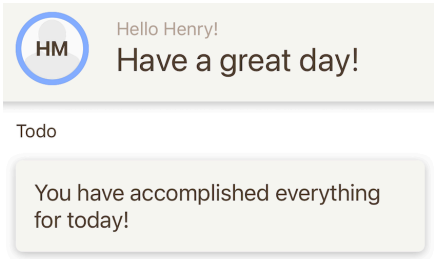
Alternatively, you can swipe horizontally in the control at the bottom to find the number you want to select. Just tap the circle that contains the number you want to select.

Proceed similar for the day and the year and then tap ‘Back’ in order to fill out the remaining Personal Data.

Once all data is filled out go ‘Back’ to the ‘My Day’ page by tapping ‘Back’ multiple times. First you will see that the app uses already your preferred name:



And then you will see your ‘Todo’ has disappeared:



Notes – eDiary

Overview

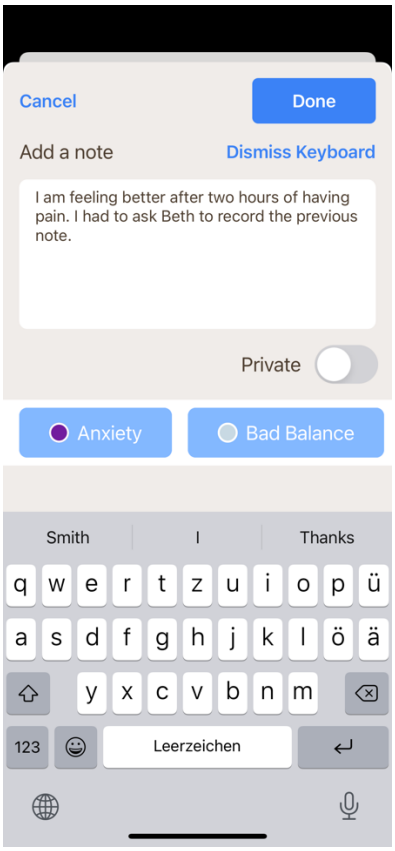
Feel free to start your personal eDiary or just enter notes that are important to you or that you want to share with your Care Team.

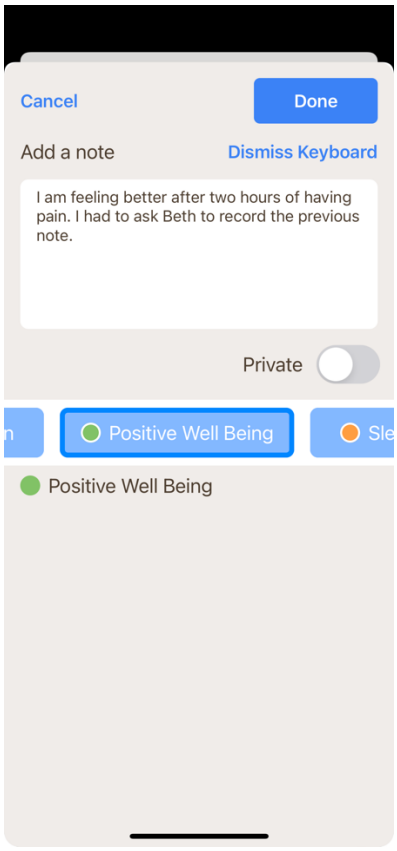
Anytime you can add a quick note. All your notes can be reviewed, edited and deleted in the ‘My Data’ tab.

Adding a note

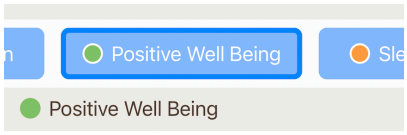
At the ‘My Day’ page tap the ‘Add Note’ button:

The ‘Note’ page will appear. There tap into the text entry and write your note:





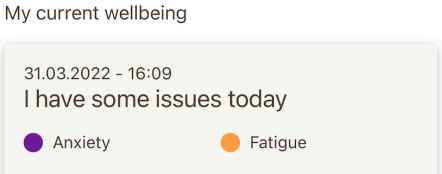
After entering your note, you can tag the note with one or more tags. Just scroll left and right in the control below the text-edit field to find the best fitting tag or tags. Tap a tag to select or de-select it:



Tags are very important for your health care professional since they will get an overview how often you used a certain tag. This way you can make them aware of important and recurring issues.

See also “Settings – Tags” to see what tags are available, how you can order them and how you can create your own tags.

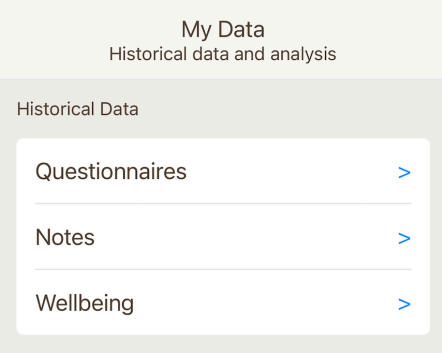
Tapping ‘Done’ will store the note and close the page. On the ‘My Day’ page you will see the last note that you entered:



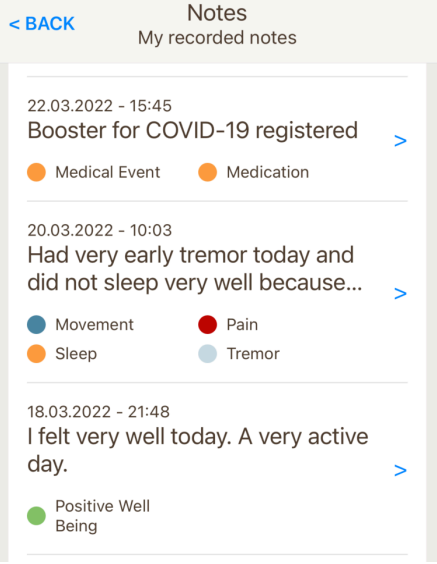
Reviewing, editing and deleting Notes

Select the ‘My Data’ tab

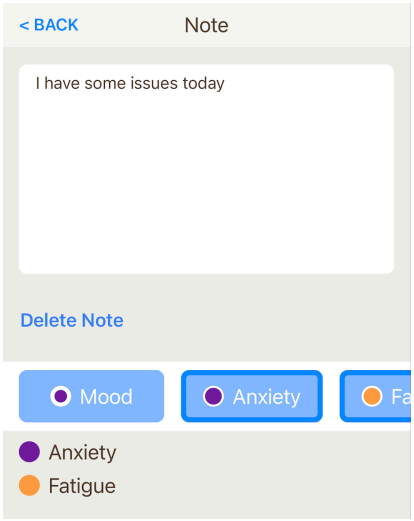
and then tap ‘Notes’:



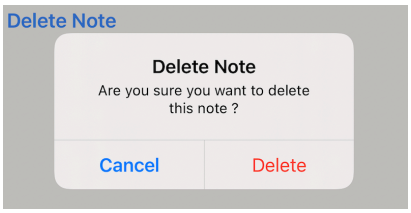
Tap the note that you want to see in detail or that you want to change:



If you tap the text entry field, you can change the text of a note. Afterwards tap ‘Store Changes’ to store the new text. You can also change the tags.



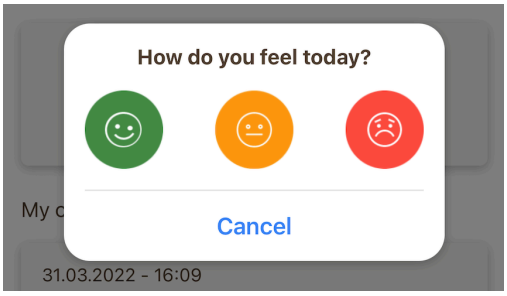
If you want to delete the note tap ‘Delete Note’. The app will ask you for confirmation:



Report your Wellbeing

Overview

Once per day the app will ask you about your wellbeing when you open the app. Just fill this out quickly or tap cancel. You can report your wellbeing anytime afterwards. You can also submit your wellbeing state as often as you want.



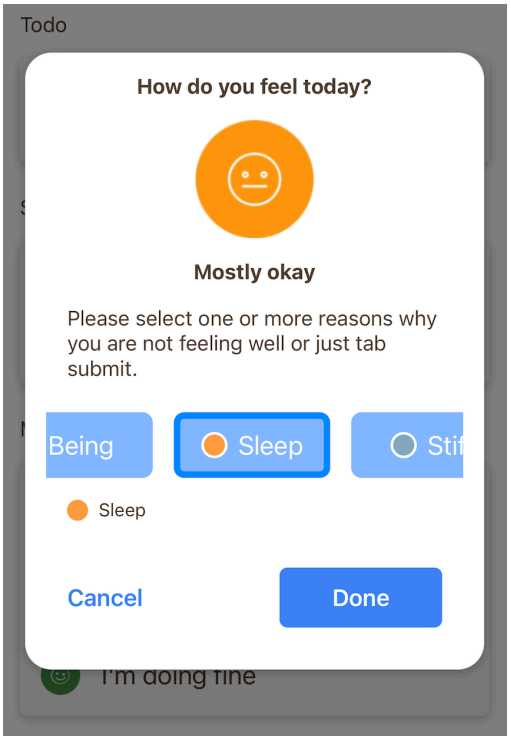
If you are not doing well, you can quickly select the tags that describe why you are not feeling well.

Why is it important to tag your wellbeing state? Your health care professional will get a summary how often you used a certain tag. For example, if you tag a lot of notes and wellbeing states with ‘Sleep’ they will be alerted and check why you have difficulties with your sleep so often.

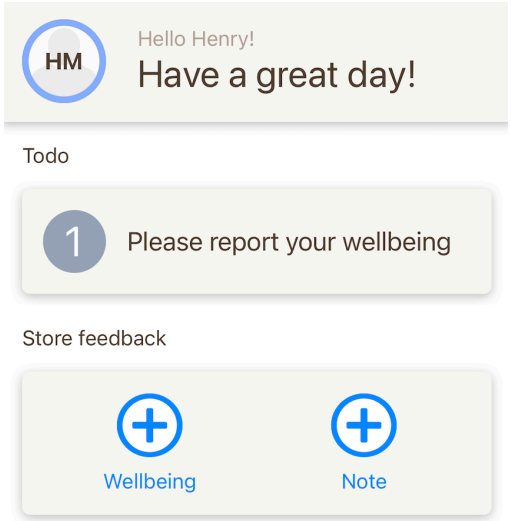
Answering a wellbeing question

If you tap the green button the dialog box will be closed right away, and you are done.

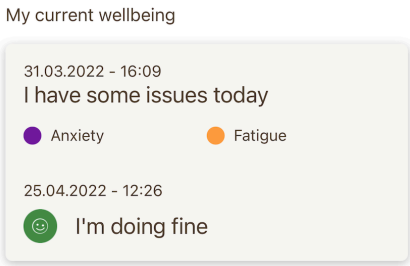
In case you are not feeling well you can select one or more tags to describe why you are not feeling well.



In case you don't want to fill this out immediately, just tap "Cancel". If you haven't already reported your wellbeing you will see a reminder in the app.

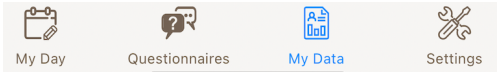


Tap 'Add Wellbeing' in the section 'Store feedback'. The same dialog box will appear, and you can select your wellbeing state. You can do this as often as you want. Once you reported your wellbeing it will appear in the 'My current wellbeing' section.

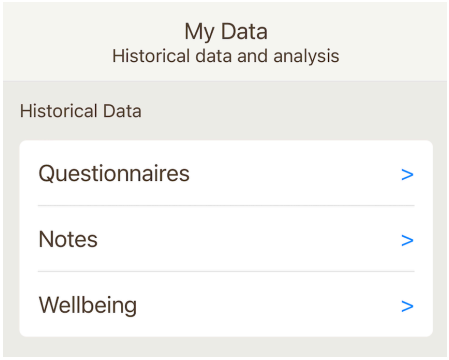


Reviewing, editing and deleting Wellbeing Reports

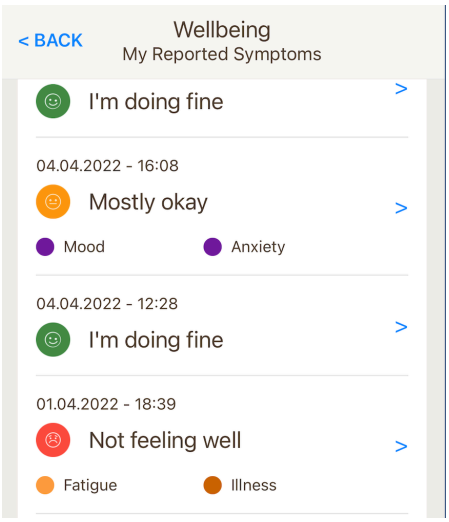
Select the 'My Data' tab



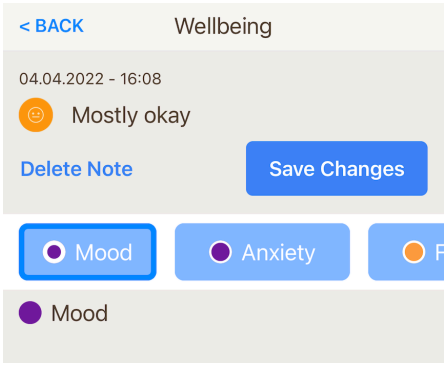
and then tap 'Wellbeing:



Tap the Wellbeing entry that you want to see in detail or that you want to change:



The state cannot be changed anymore but you can change the selected tags or delete a wellbeing report:



Questionnaires

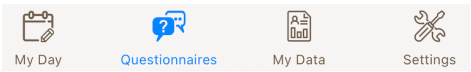
Overview

You can execute NeuroQoL™ Questionnaires. These questionnaires are clinical validated and are dynamic. This means the questions will be adjusted based on each of your answers.

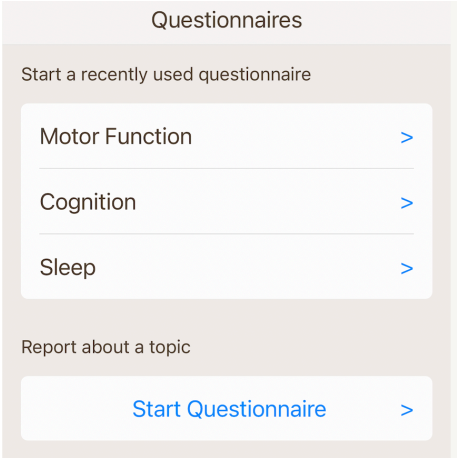
You can start a questionnaire anytime. All completed questionnaires can be reviewed, but no more edited or deleted once they are stored.

Start a Questionnaire

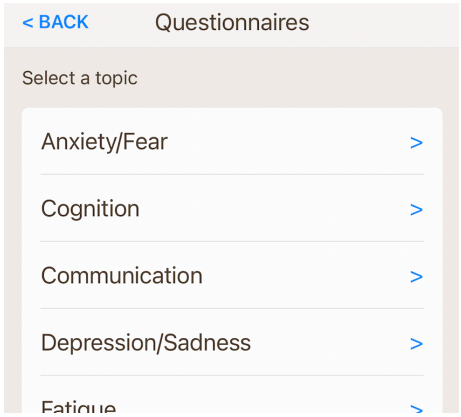
Select the ‘Questionnaire’ tab.



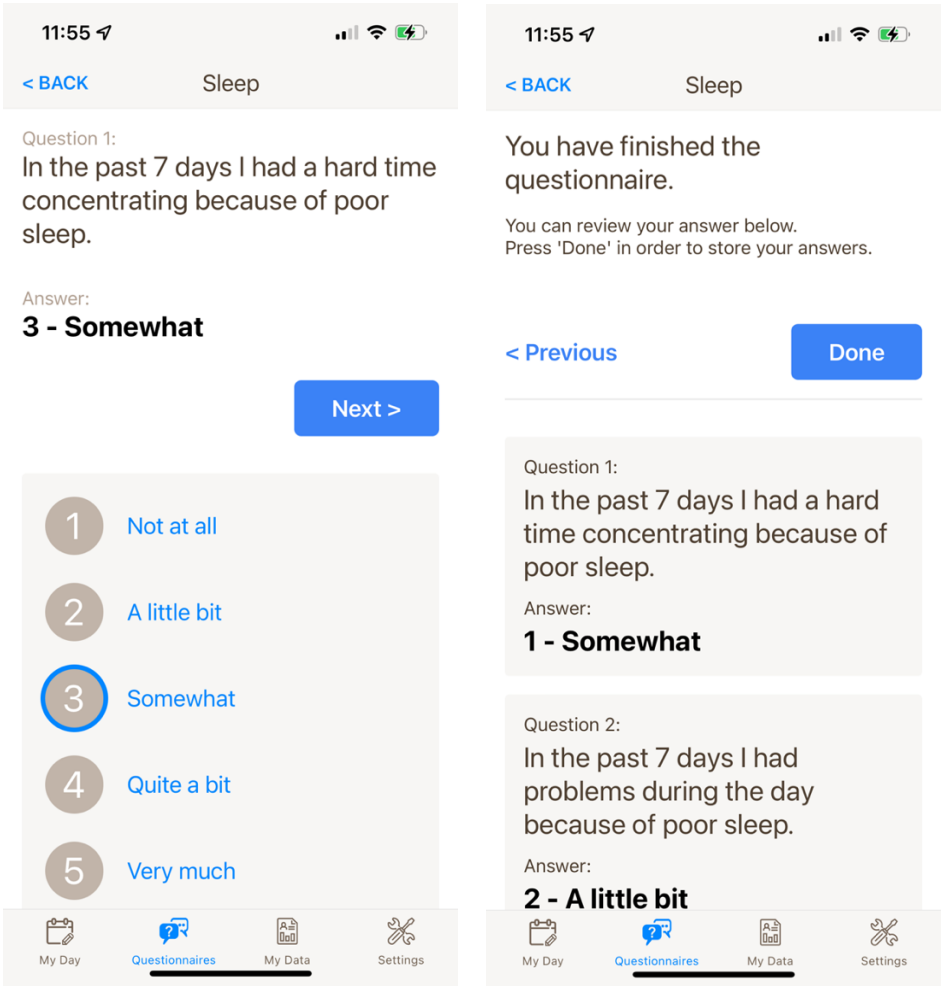
Tap ‘Start Questionnaire’ to start a questionnaire.



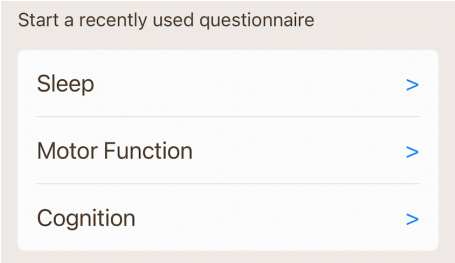
On the next page you can select the topic for your questionnaire:



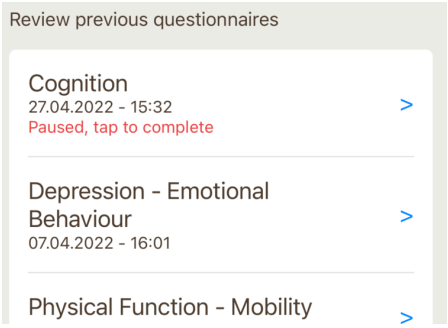
The questionnaire will start now. Select the right answer and tap next. You can also go back. Once you have answered all question tap ‘Done’ and the questionnaire will be stored. If you tap the < BACK button the questionnaire will be paused and can be continued at a later time.



Once you have finished a questionnaire it will appear in the quick-selection area. From there you can skip selecting the topic and can start a questionnaire immediately:

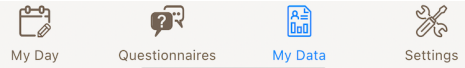


At the bottom of the questionnaire page appear the last questionnaires that you have completed. If you want to have a quick look at your last questionnaire you can do this by tapping one of the last questionnaires. Paused questionnaires can be continued from there, too.

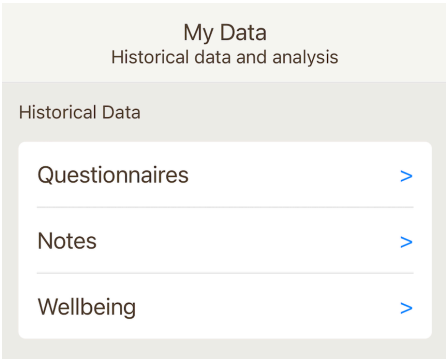


Reviewing your Questionnaire History

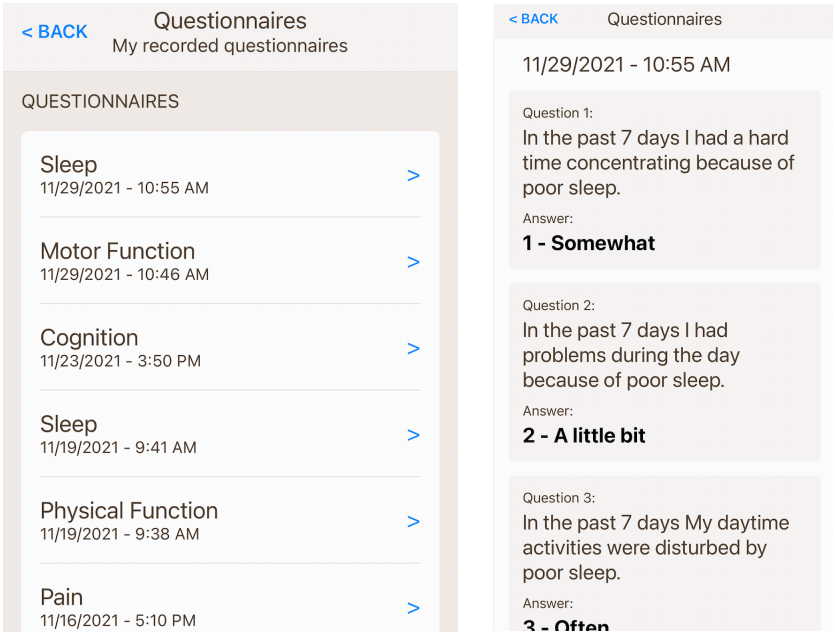
Select the ‘My Data’ tab:



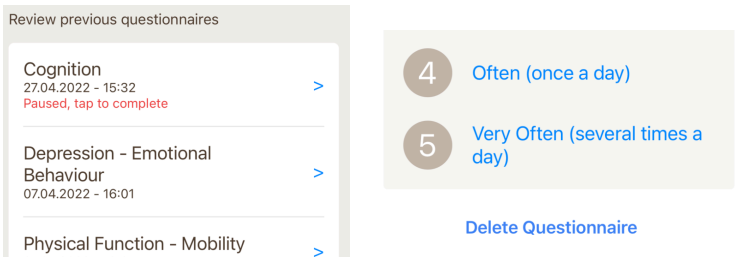
Select Questionnaires:



Then tap the questionnaire you want to review or swipe up until you find the questionnaire that you are interested in. Then you can review the questionnaire:



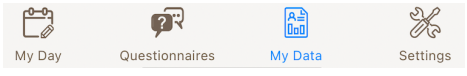
You can delete paused questionnaires. This makes sense if they have started a long time ago and are no more valid. Just tap at a paused questionnaire and scroll down. There you will find the delete button. Completed questionnaires cannot be modified or be deleted.



My Data

Overview

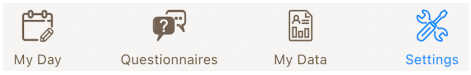
Here you can review all your entered data. Please see ‘Notes’, ‘Questionnaires’ and ‘Wellbeing’ for details.



Settings

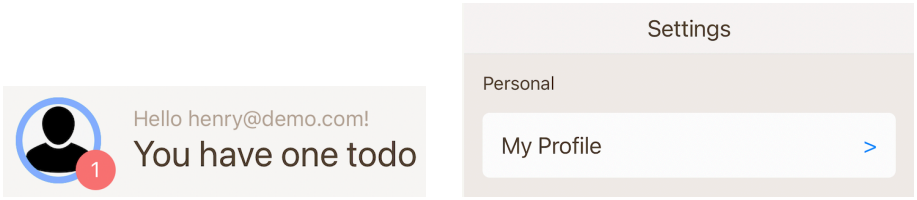
Overview

Select the ‘Settings’ tab in order to log out or see the information about the Navigator app from Neuropath. There you can also manage all data that is been used in the Navigator:

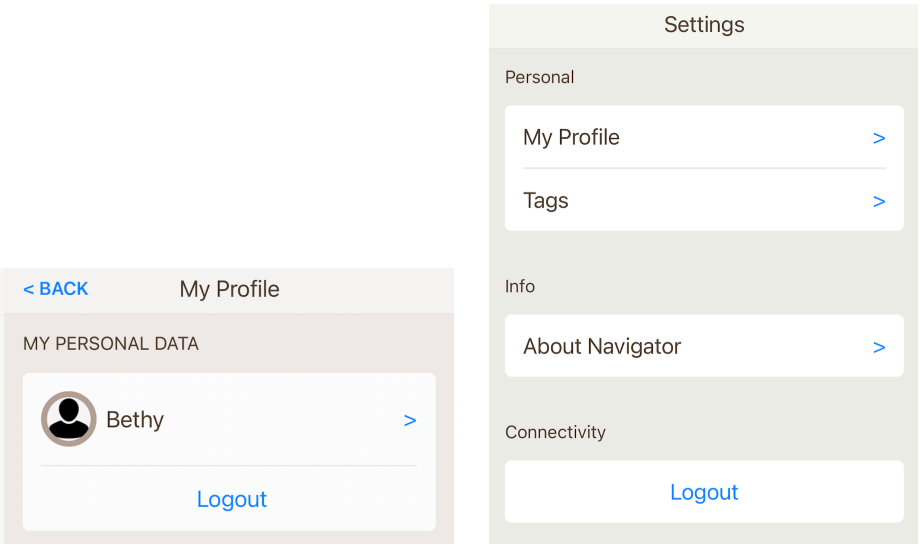


Log out and access to ‘My Profile’

On the settings page you will find an alternative access to the ‘My Profile’ page. You can access ‘My Profile’ from the ‘My Day’ page and from the ‘Settings’ page:

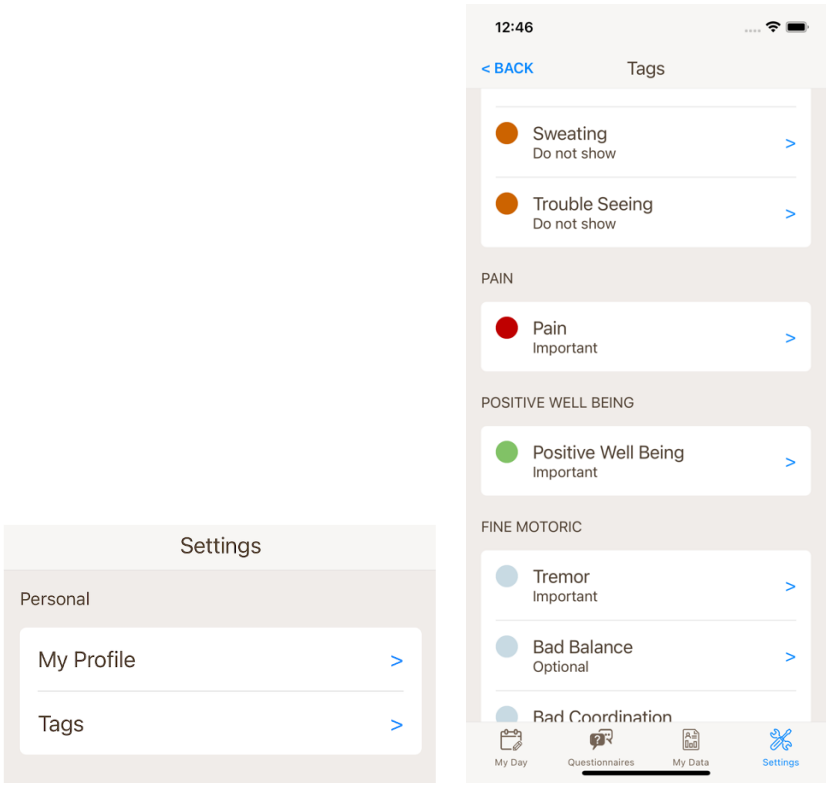


You also have two options to log out. You can log out from the ‘Settings’ page and from the ‘My Profile’ page:



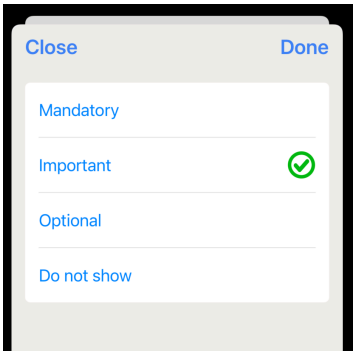
Manage ‘Tags’

Select ‘Tags’ on the ‘Settings’ page.



You can review all pre-defined tags and change if they should appear in the selector control for Notes and Wellbeing. You can also change the order how they appear there.

Tap the tag that you want to change and select the ‘Priority’:

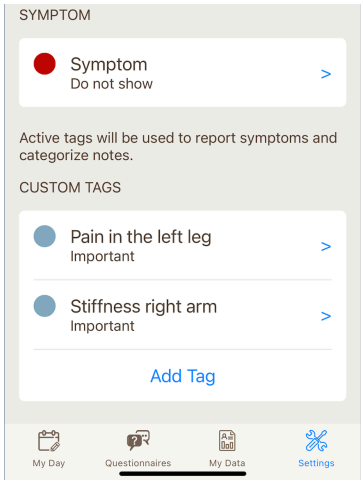


The tags will be displayed based on the priority defined here and within the same priority in alphabetical order. We recommend focusing just on few tags (about 4-10) otherwise the selection of the tags takes too long each time.

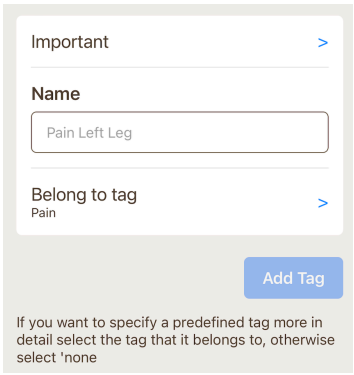
If you don’t want to use a tag, select ‘Do not show’.

Create your own ‘Tags’

At the end of the list of pre-defined tags you will find your own tags. There you can create new tags:



Tap ‘Add Tag’ and enter the name for the new tag:



If the new tag is related to a pre-defined tag, select the tag that it belongs to. For example, if you want to report multiple areas where you have pain, create all these tags, and point them to the pre-defined tag ‘Pain’.

Why is this important? Typically, your health care professional will review how often the pre-defined tags have been used. If a custom tag belongs to one of the pre-defined tags it will be accounted also to these tags. This way they will be alerted that, for example, a lot of notes were created with the tag ‘Pain’ and can check the details afterwards.

Functions for the Care-Team

Overview

The Navigator app has functionality that allows the Person with Parkinson's not only to share data with his or her care team, but also a person from the care team can enter data for the PwP 'as if he/she would use the Smartphone of the PwP'. The functionality is called as 'Act As'.

The requirement for sharing data is a mutual accepted relationship. Either the PwP can establish a relationship request or the persons from the care team. The retrieving side simply needs to accept the relationship.

As part of the relationship request the PwP can define which data he/she wants to share or can limit or extend this when he/she receives a request.

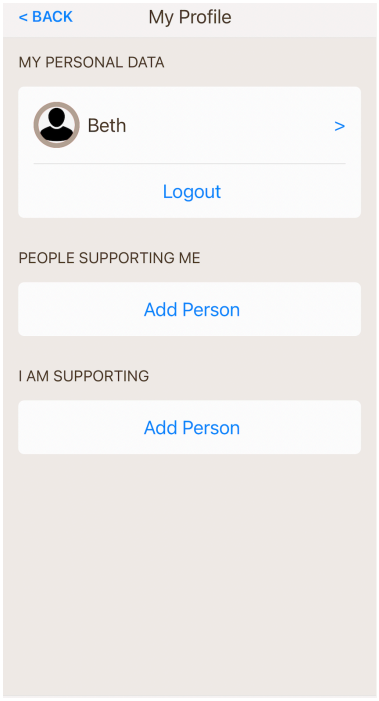
Of course, each person of the care team can use the app also for his/herself in order to add notes or run a questionnaire. If he/she is not 'Acting As' the data will be recorded under the account of the user that is logged in.

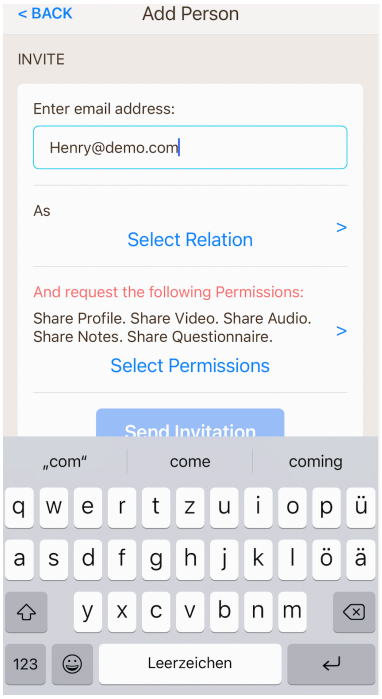
Only the PwP can share data with another person. You cannot share data further that was shared with you.

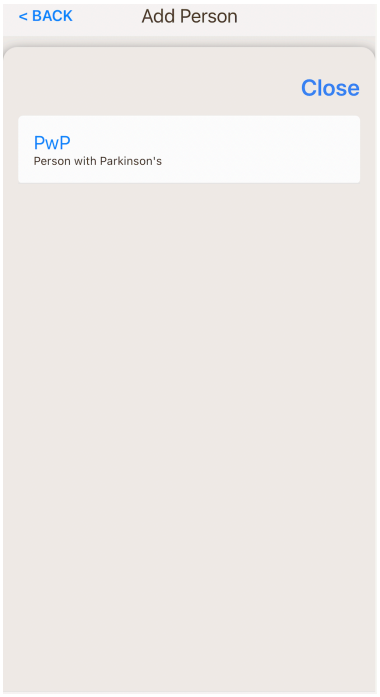
Establishing a Relationship with a person from the Care Team

Establishing a relationship to a PwP is very similar to the PwP establishing a relationship to a person from his/her care team. Please follow the steps mentioned in the chapter 'Relationships with your Care Team'.

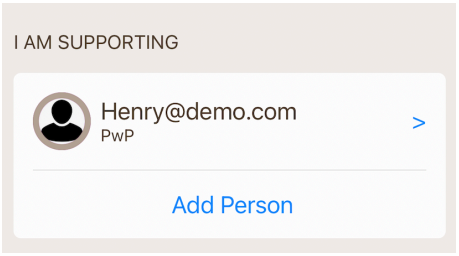
You only have to start the relationship request with 'Add Person' in the 'I AM SUPPORTING' section and select 'PwP' when you are being asked to define the relationship type:



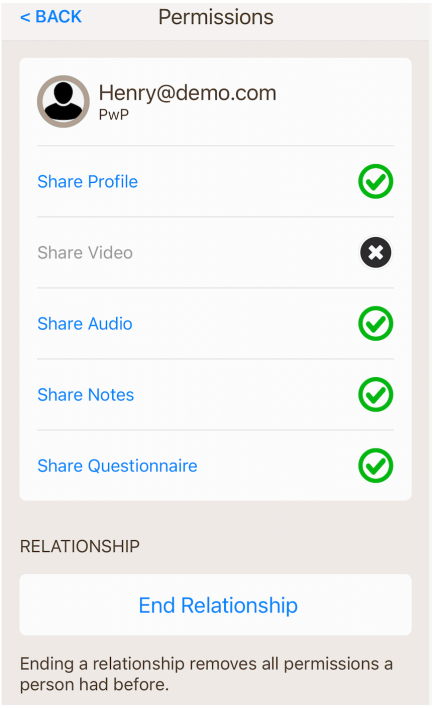




Once the PwP has accepted, the relationship will appear in ‘My Profile’ like this:



You can tap at this row and check the permissions that you have. You only can reduce permissions, since only the PwP – as the data owner - can add permissions in a relationship. You also can end a relationship in the same page:



You can have multiple relationships, for example with multiple PwPs. Also, people could support you while you are supporting the same or other persons.

Sharing data with a PwP: 'Act As'

Overview

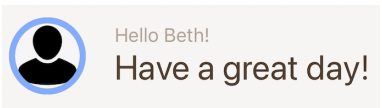
If the PwP has decided to share for example his/her notes with you, you can see these notes via the 'Act As' mode. In this mode you can not only see all notes of PwP you can also edit, delete, or enter new notes for the PwP.

Act As switches your app into a mode that is similar as if the PwP has logged in using your Smartphone. The only difference to a direct 'log in' is that only the data can be used that the PwP has given you permissions to.

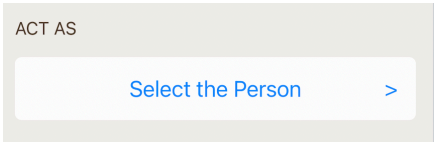
Vice versa you never need to use the Smartphone of the PwP to enter data for him/her once you have established a relationship and got the corresponding permissions.

Starting and Ending 'Acting As a PwP'

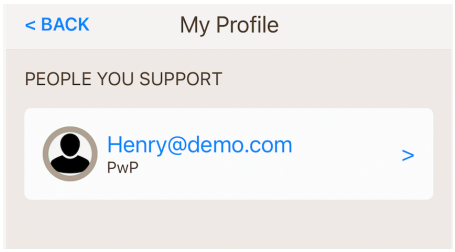
Tap at the icon on the 'My Day' page:



This will lead you to the 'My Profile' page where you see the 'Act As' section if you have the required role (e.g., 'Companion')

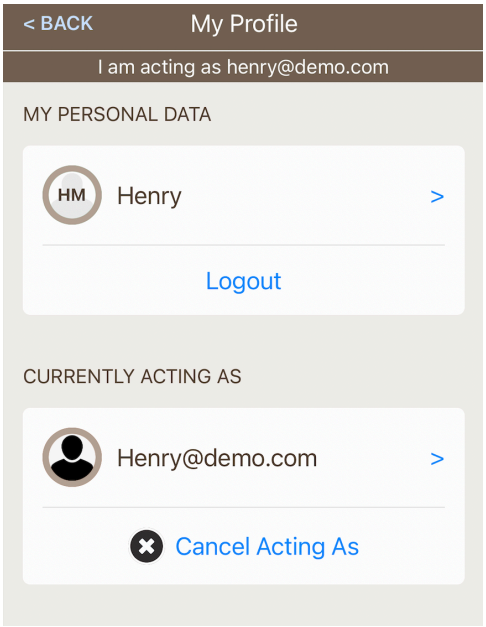


Tap ‘Select the Person’ and you will see a list of PwPs who you support (who have an accepted relationship with you).



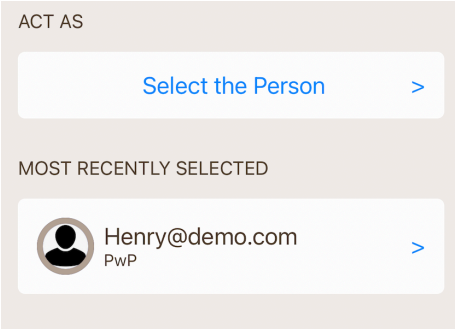
Select the person you want to ‘Act As’. In this case it is Henry. Go ‘Back’ and the color of your header has changed. The header color and the text below the header indicate that you are ‘Acting As’ Henry now.

Wherever you see this header you will see Henry’s data now. If you change or add data it will be changed in Henry’s account. He will see all changes immediately if he is using the app in parallel.



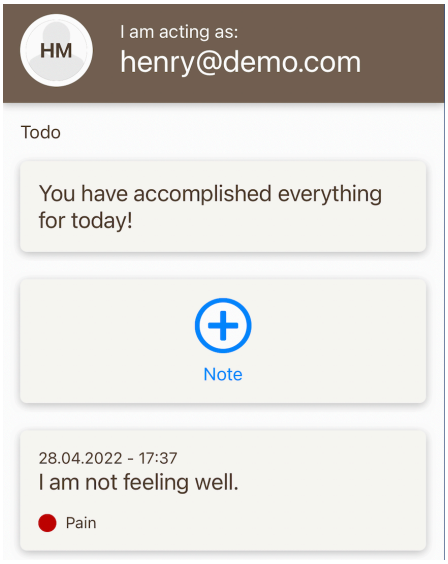
At the same place you can also cancel ‘Acting As’. The app will change the color again and the mode is turned off.

Once you have started ‘Acting As’ a person you will see the quick access for ‘Acting As’ with this person directly on the ‘My Profile’ page in the ‘MOST RECENTLY SELECTED’ section. Just tap the row with the name again and you will start ‘Acting As’:



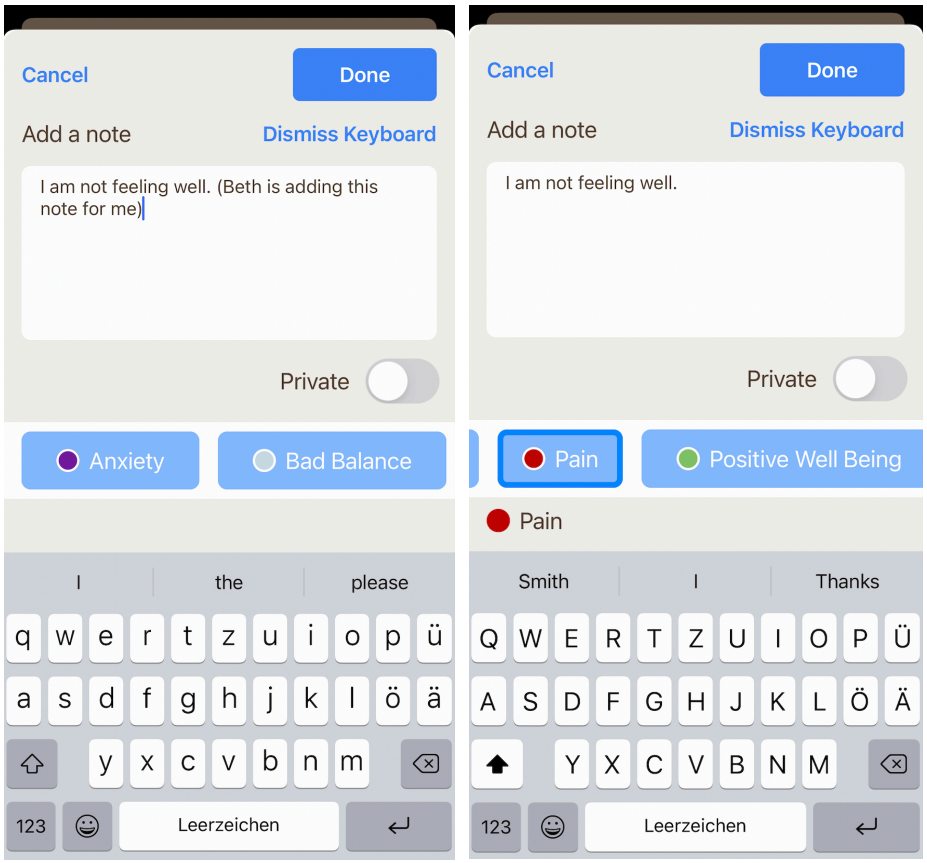
See shared Notes and add Notes for the PwP

Activate the ‘Act As’ mode as described in the previous chapter. Select the ‘My Day’ tab:



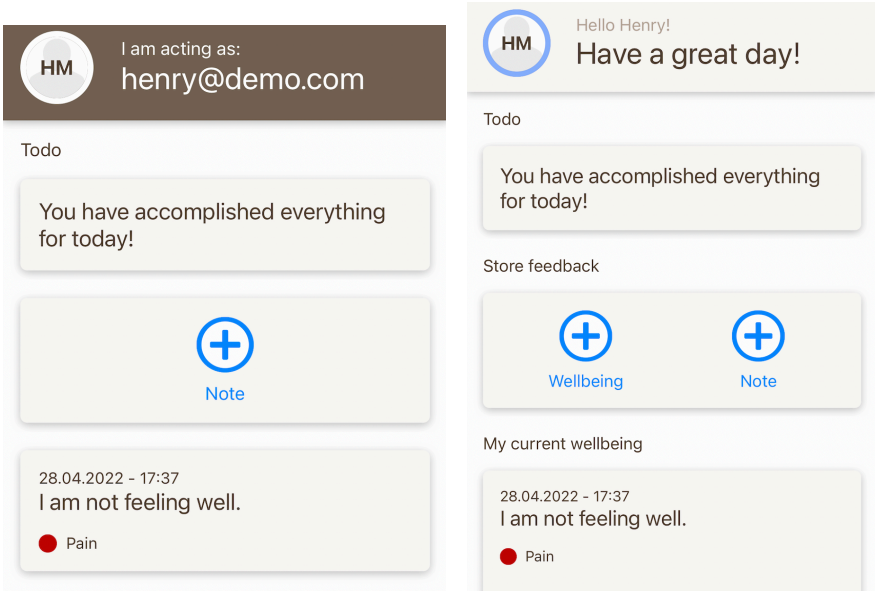
The screen shows up like in Henry’s app now (differences might occur if you don’t have all permissions).

Simply tap ‘Add Note’ as if you would enter a note for yourself.

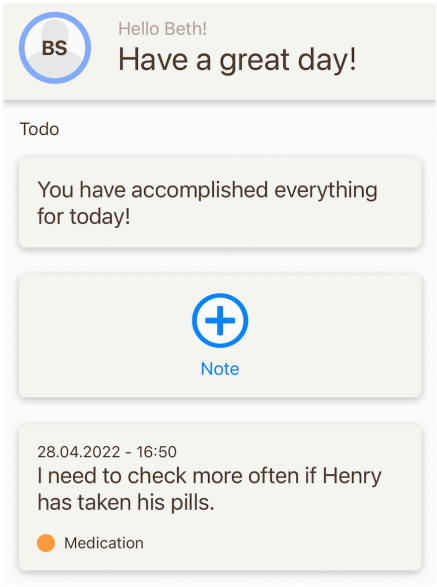


The screenshot shows you entering a note that will be stored in Henry's data. Of course, the text in brackets just emphasizes that not Beth instead of Henry is typing. Typically, you would not add this text (as shown in the second screenshot).

Tap 'Done' and the text will appear on the 'My Day' page. If Henry uses the app at the same time, he will see the same text in his app:



Once you have stopped 'Act As' you will see 'your' 'My Day' and notes again:

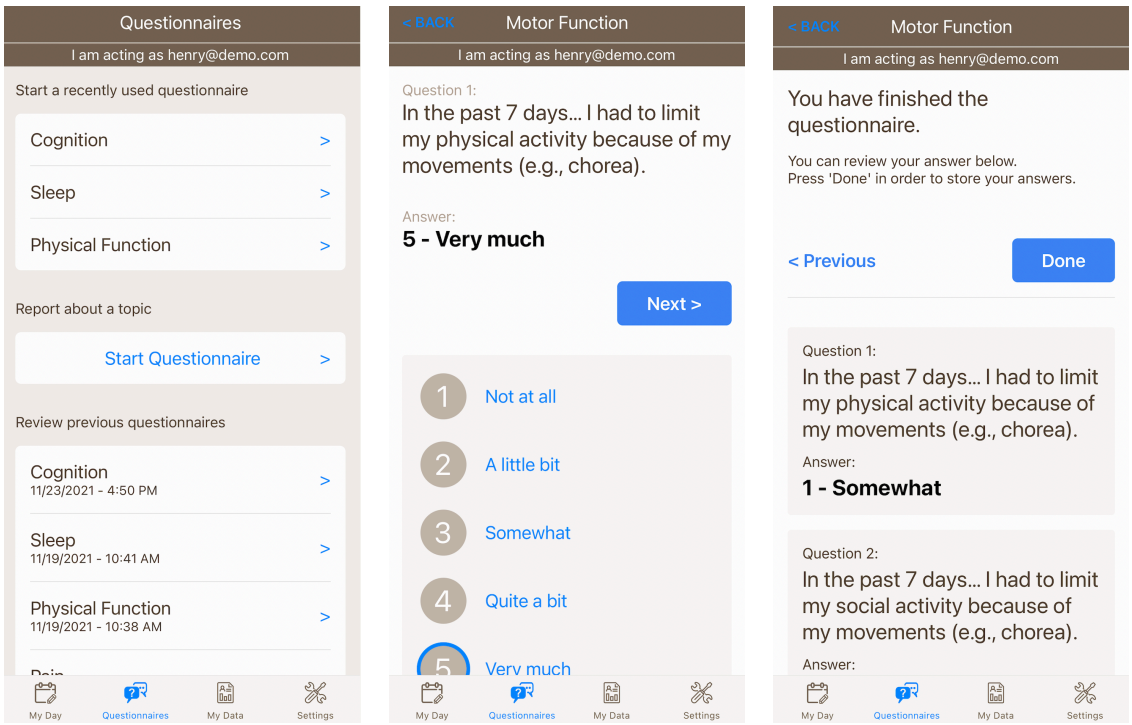


The same way you can review, edit and delete the notes of the person you are ‘Acting As’. Just select the page ‘My Data’ while the app is in this mode.

Entering Questionnaires for the PwP (Act As)

Similar like you add notes for the PwP you can also run a questionnaire as if he/she had done it personally.

Activate the ‘Act As’ mode as described and select the ‘Questionnaire’ tab:

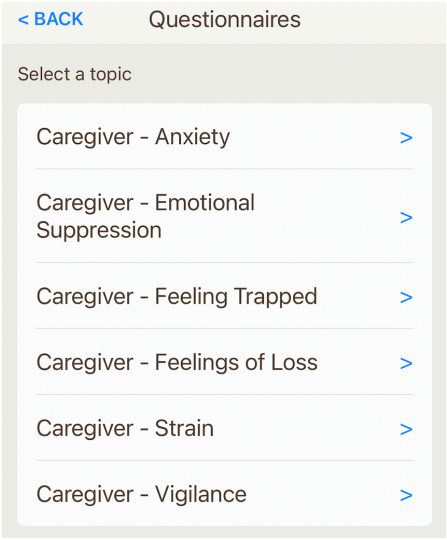


Entering Notes or doing Questionnaires as a member of the Care Team for yourself

If you are not handling the app (‘Act As’) to help the PwP entering data, you can also create notes and store questionnaires for yourself and store them as part of your data in your account.

Please see the chapters above how to add, review, change and delete notes.

Questionnaires are special. The PwP will see a different set of questionnaires than the companion/caregiver. If you are in the role of a companion or caregiver, you can also report your wellbeing by filling out the following questionnaires:



Sharing data about a PwP: ‘Report About’

Overview

If you are a companion or caregiver of an PwP you might want to take notes about the PwP that can be shared with the Doctor or Neurologist. Having another point of view or having more data about a PwP is often very helpful for the health care professional.

Similar like ‘Act As’ the mode ‘Report About’ allows you to create notes and fill out questionnaires *about* the PwP.

You can review and change this data only when you have activated the ‘Report About’ mode.

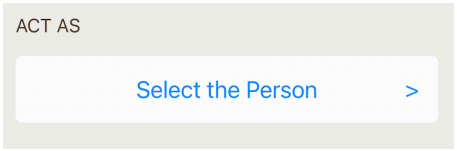
Since the data is stored in your account the PwP cannot access or see the data, but you can share this data with their health care professional.

They data will not be mixed with your notes and questionnaires since the data is only visible for you while you are in the ‘Report About’ mode.

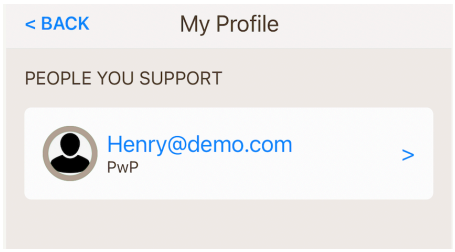
Starting and Ending ‘Report About a PwP’

Tap at the icon on the ‘My Day’ page:

This will lead you to the ‘My Profile’ page where you see the ‘Report About’ section if you have the required role (e.g., ‘Companion’)

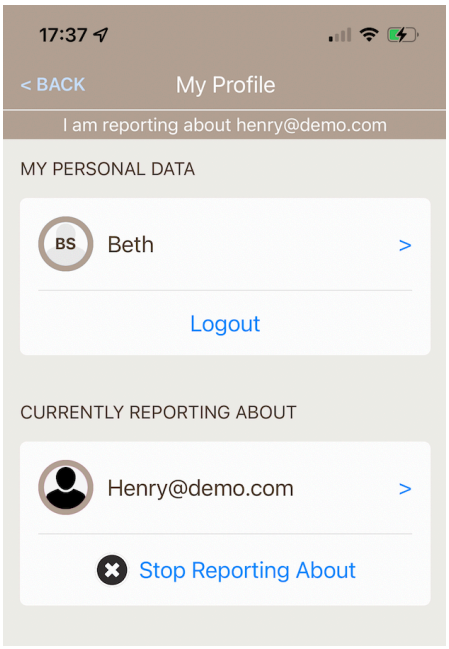


Tap ‘Select the Person’ and you will see a list of PwPs who you support (who have an accepted relationship with you).



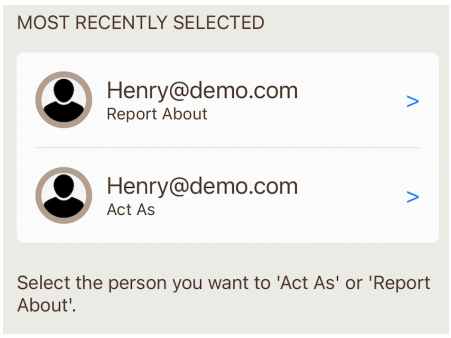
Select the person you want to ‘Report About’. In this case it is Henry. Go ‘Back’ and the color of your header has changed. The header color and the text below the header indicate that you are ‘Reporting About’ Henry now.

Wherever you see this header you will see data that you entered about Henry. If you change or add data it will be recorded as data about Henry, but in your account. He will not be able to see access the data in his account.



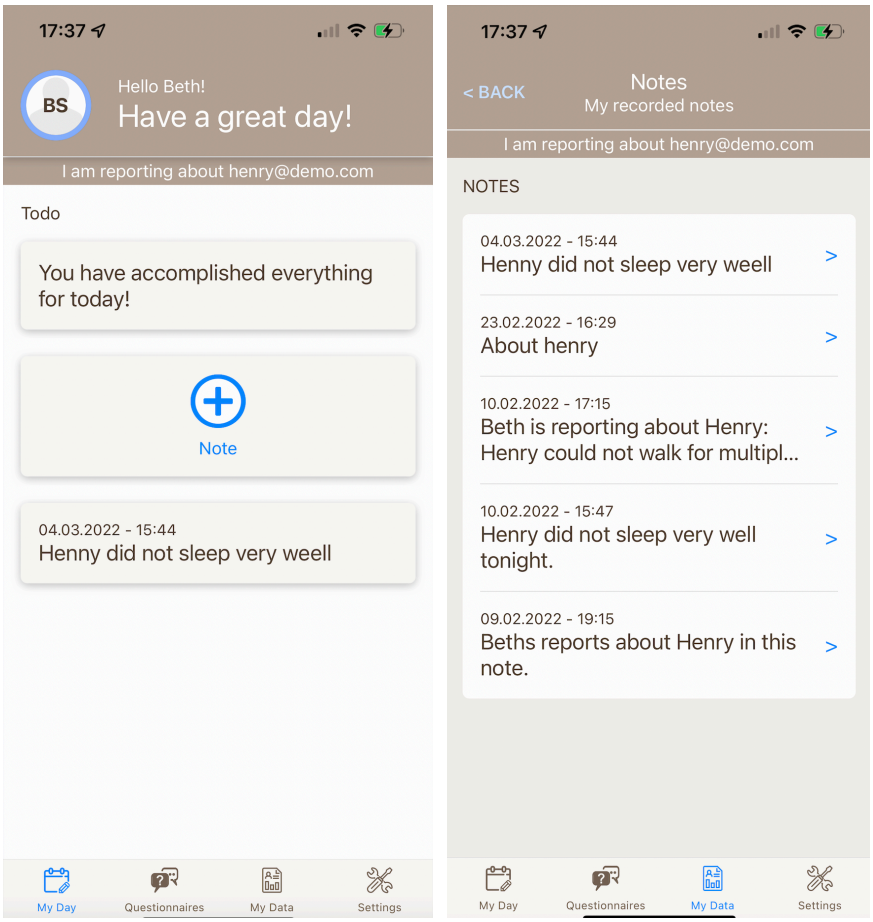
At the same place you can also stop ‘Report About’. The app will change the color again and the mode is turned off.

Once you have started ‘Report About’ a person you will see the quick access for ‘Report About’ with this person directly on the ‘My Profile’ page in the ‘MOST RECENTLY SELECTED’ section. Just tap the row with the name again and the sub-title ‘Report About’ and you will start ‘Report About’:



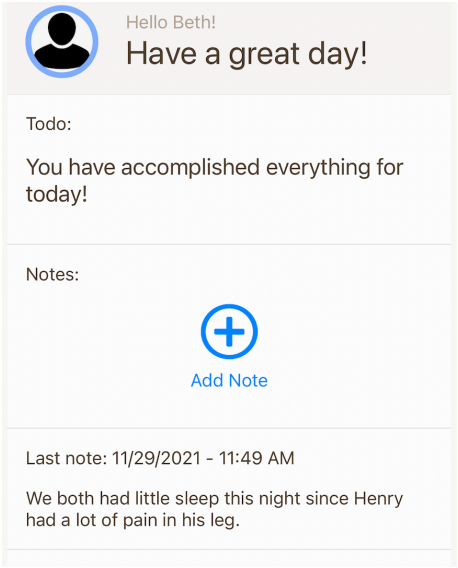
See Notes about a PwP and add Notes about a PwP

Activate the ‘Report About’ mode as described in the previous chapter. Select the ‘My Day’ tab:



Simply tap ‘Add Note’ as if you would enter a note for yourself. Enter the note and store it. The note will be displayed on the “My Day” page as long as the mode is activated.

Once you have stopped ‘Report About’ you will see ‘your’ ‘My Day’ and notes again:



The same way you can review, edit and delete the notes about a person you are ‘Reporting About’. Just select the page ‘My Data’ while the app is in this mode.

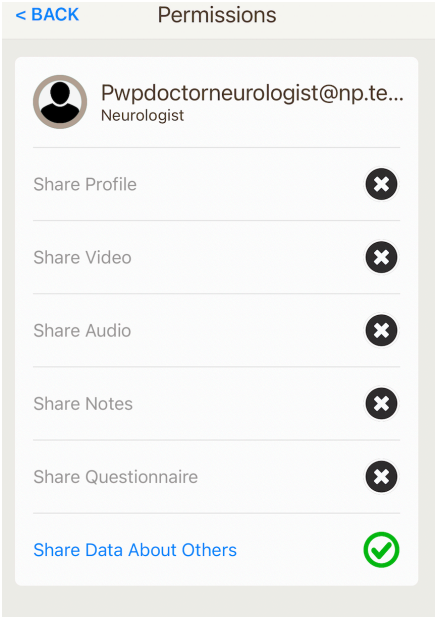
Entering Questionnaires in the ‘Report About’ mode

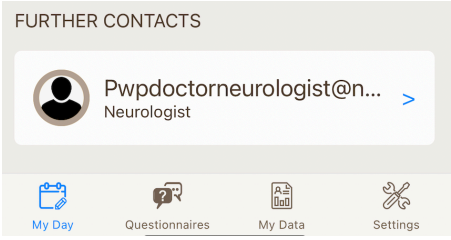
In the “Report About” mode you will see the questionnaires of the PwP. You can start and store such a questionnaire anytime and answer it ‘as if’ the PwP would fill it out, but from your perspective. This way the doctor/neurologist has an additional view of the same questionnaire about the PwP, one from the PwP’s perspective and one from their companion/caregiver’s perspective.

Sharing data about a PwP with a health care professional

Typically, the doctor or neurologist will send you a relationship request where you must confirm which data you want to share.

This is an example where you share only data that you entered about a PwP, but where you don’t want to share data that you stored for yourself:



If you report about multiple PwPs you can only share all data that you entered about them. It is not possible to share data about one PwP and not share data about another one.

The relationship with the health care professional will appear under ‘FURTHER CONTACTS’: